EI Competency Rating Table

Companion to "EI Competency Map"

20 MINUTES

HOW TO USE THIS SHEET

1. Score each competency from 1 (rarely true) to 5 (consistently true). First instinct is usually the most honest.
2. Add up each domain: Self-Awareness (1), Self-Management (2 to 5), Social Awareness (6 and 7), Relationship Management (8 to 12).
3. Tick your two lowest individual scores, not your lowest domain: that is usually where the leverage is.
4. Look at the two together. Do they cluster? Name the pattern in a sentence.

	Score 1 to 5	Lowest two tick
1 Self-Awareness: I can name what I am feeling, and why, close to when it happens.		
2 Focus: I hold my attention on what matters, even under pressure.		
3 Emotional Balance: I stay clear-headed under stress and recover quickly.		
4 Adaptability: I adjust how I get somewhere without losing where I am going.		
5 Positive Outlook: I keep finding the opening in a setback.		
6 Empathy: I sense what others feel and think, even what they have not said.		
7 Organizational Awareness: I read the real power lines and unspoken rules.		
8 Influence: I bring people to genuine buy-in, not just compliance.		
9 Coach and Mentor: I invest in others' growth with real feedback.		
10 Conflict Management: I surface a disagreement and work it to something people can live with.		
11 Teamwork: I build the spirit and cooperation of a group, leader or not.		
12 Inspirational Leadership: I move people toward a shared goal that means something to them.		

SELF-AWARENESS TOTAL

SELF-MANAGEMENT TOTAL

SOCIAL AWARENESS TOTAL

RELATIONSHIPS TOTAL

THE PATTERN IN MY TWO LOWEST SCORES